

> 22 **Poster father**



> 26 **Half term time**



> 29 **Win great prizes**



the newhammag

Issue 275 24 May - 7 June 2013



**Baby
love**

Dads show how
they're doing it (ps8)



The Ideas Olympiad returns this year with another **free** series of events.



Small Business, Big Enterprise
Tuesday 28 May, 6.30-8.30pm

- **Gill Fielding** – self-made millionaire from West Ham
- **Lord Gulam Noon** – Chancellor of the University of East London

Find out how these successful business people made their first millions.

Venue: Stratford Circus, Theatre Square E15



A conversation with David Gold,
co-chairman of West Ham
United Football Club
Tuesday 18 June, 6.30-8pm

David Gold will talk about his journey from growing up in the East End to becoming co-chairman of West Ham United Football Club

Venue: Stratford Circus, Theatre Square E15



The Power of Dreams
Thursday 27 June, 6.30-8pm

Maggie Aderin-Pocock MBE – British Space Scientist will talk about how she turned her childhood dreams of being a space scientist into reality. Arrive early at this event to visit the world's largest exhibition dedicated to sustainable urban development.

Venue: The Crystal
One Siemens Brothers Way
Royal Victoria Docks E16



Art Theft and the Case of the
Two Stolen Turners
Thursday 6 June, 6.30-8.30pm
(including book signing)

Sandy Naime – Director of the National Portrait Gallery will reveal the complex cloak-and-dagger story of the theft of two Turner paintings (then valued at £24million) in 1994

Venue: Stratford Circus, Theatre Square E15

Demand for these events is very high so get your tickets now!

To book your **free** tickets visit: www.newham.gov.uk/IdeasOlympiad

🐦 [newhamlondon](https://twitter.com/newhamlondon) 📱 [newhamevents](https://www.facebook.com/newhamevents)





The Great Olympics (p16) is almost upon us and we're gearing up for summer by looking forward to the Mayor's Newham Show (p12) and the Mayor's Newham Council (p17).

To mark Father's Day in June we have a look at men's health (p10), men's fostering (p22), what it's like to be a new dad (p18) and give you the chance to win some great prizes (p38).

As well as this, there are half-term activities (p26), a look at local heritage at Three Mills (p25) and we share the latest news from our pioneering Every Child a Musician programme (p24).

Cllr Ian Corbett

*Councillor member for
Infrastructure and environment*

To request a large print version of the Newham Mag call 020 3373 1517 or email newham.mag@newham.gov.uk

SENIOR PUBLICATIONS OFFICER Anita Raha
PUBLICATIONS OFFICER Glenn Gosling
STAFF PHOTOGRAPHER Andrew Baker
Call the Mag team on 020 3373 4576

To advertise in the Mag call
Julie Medall on 07550 525 090

If you do not receive The Newham Mag at home, or know someone who doesn't, please call 020 3373 1517, write to The Newham Mag, West Wing, 4th Floor, Newham Dockside, Dockside Road, London E16 2SA, or email newham.mag@newham.gov.uk

Publication of an advert in the Newham Mag does not constitute endorsement of any goods or services offered.

The Newham Mag is printed on 100% recycled paper by Woodhead Litho Ltd and distributed by Lutterbox Distribution.

Look out for the next issue this 2 June 2013

contents

24 May 2013 // issue 275

Regulars

- 04 NEWS – two pages of news from across the borough
- 06 MAYOR'S VIEW – news from Sir Robin Viles
- 14 CAUGHT ON CAMERA – a News Week special
- 20 NEWHAM IN PICTURES – your fortnight in photos
- 22 WORKING LIVES – foster father Yinka Separa shares his story
- 29 OUR NEWHAM – community news from across the borough
- 32 KIDS' CORNER – poems, pictures and puzzles for our younger readers
- 34 WHAT'S ON – five pages of activities and events for you to try – most of them free



10



26



22



25

Features

- 09 WHO CARES? WE DO – events to mark Carers' Week
- 10 MEN'S HEALTH – an owner's manual to the male body
- 12 THE MAYOR'S NEWHAM SHOW – two days of fun and frolics for free
- 17 CARINNAL CAMPS – float away at this year's carnival
- 18 A PAPA PREACHES – new dad David Mico on being a father
- 24 A REBOUNDING SUCCESS – the Royal Philharmonic Orchestra comes to Sandringham School
- 25 A RIVER RUNS THROUGH IT – the House Mill reveals Newham's unique heritage
- 26 HALF-TERM ACTION – super sports and free fun
- 28 THE IDEAS OLYMPIAD – from sticker art to the power of dreams

IN BRIEF //

Store given booze hint

Tough conditions have been imposed by Newham's Licensing Sub-committee on a large store opening in Beckton waiting to sell alcohol.

Home Bergins, of Beckton Retail Park in Alpina Way, was told alcohol should only be sold in packs of four or more and should not exceed the six per cent alcohol volume. The committee also ordered that vigorous staff training must take place and CCTV cameras must be installed.

Landlord fined over properties

A landlord has been prosecuted for failing to licence six properties which were in a poor and dangerous condition.

Mark Graft was fined £9,000 and ordered to repay £3,000 in costs. The houses in Colchester Avenue, Manor Park, were in a very poor and dangerous condition and in one case had to be prohibited for human habitation until works were completed to bring them up to safe standard. All of the properties are now licensed under an alternative licence holder.

To find out more about landlord licensing visit

www.newham.gov.uk/propertylicensing

Saddle up for cycling

Cyclists can take advantage of free cycle safety checks by Dr Bike at Stratford Station, Mandeville Square, E15, on Thursday 13 June from 4-7pm.

If you'd like to take up cycling, sign up for free commuter cycle training by emailing

cycletraining@newham.gov.uk

Cyclists can also enjoy free, regular guided cycle rides around the borough. The next one takes place on Saturday 15 June. Riders meet at 10.30am outside Stratford Station and finish back there at around 3pm. For more information call Darned McDonnell on 07947 230 865.

>>> Youngsters urged to challenge intolerance



A host of stakeholders and campaigners have urged Newham's young people to stand up to intolerance.

The call came at the launch of the Anne Frank «You» exhibition at Newham Town Hall in East Ham, which includes an audio-visual exhibition featuring a near life-size replica of Anne Frank's bedroom where she and her family hid for two years until their betrayal to the Nazis.

Speakers at the launch included campaigner Denise Lawrence, OBE, Gillian Welles, MBE, chief executive of the Anne Frank Trust, and West Ham United Football Club co-chairman David Gold. Representing Newham's young people were Young Mayor Rebekah Dile and Esther Okunoye, a school ambassador from Beckton's Kingsford School, who will be guiding visitors around the exhibition. It is open until 6 June.

Mayor Sir Robin Wales said: "It is important that people speak out and challenge those who try to harm others because they are different or have different views."

Hammers back council's call for carers

West Ham United Football Club are supporting a call by Newham Council to encourage football fans to become foster carers.

As part of national Foster Care Fortnight, the council placed a message in West Ham's final home match-day programme against Reading, looking for people who can provide a loving, caring home to a child or teenager unable to live with their own family.

Hammers' captain Kevin Nolan said: "We massively support the campaign at West Ham United. If more people can come forward to foster, then it will mean lots more children may have the chance to experience a loving home and get to enjoy a safe and happy life that they deserve."

For more information about Newham's fostering and adoption service visit newhamfostering.co.uk or call 0800 013 0363.



News

Sky-high school celebrations

Pupils, parents and staff at Stratford's Maryland Primary School released 500 balloons to celebrate its 45th birthday.

The day of fun and festivities started with the children researching the history of the school.

The culmination of the celebrations was a fashion show of 1960s outfits. A 2013 time capsule was also buried so that future generations can share the 45th birthday.

Calls and emails have since been flooding in with balloons having been found as far away as Leigh-on-Sea in Essex. Stratford and West Ham community lead councillor, Freda Bourne, said: "It was a truly wonderful experience. I hope to be invited to the 50th birthday celebrations!"



Residents back river crossing

A consultation by Transport for London has revealed strong support among residents, businesses and motorists for two new road river crossings between east and south east London.

Newham Council believes a new tunnel between Greenwich Peninsula and Shornway and a new bridge at Gallions Reach between Beckton and Thamesmead will together provide the only viable long-term solution to a problem which has long held back economic growth in this part of London.

Councillor Conor McAuley, executive member for regeneration, said: "It remains our firm view that these crossings are essential to maximising the economic growth and employment potential of the Royal Docks and the Greenwich waterfront."



>> Fostering for all

Presentations have been made to Newham foster carers for their outstanding contributions to children and young people.

The celebration coincided with the national Foster Care Fortnight, a nationwide campaign held in May each year to promote fostering.

Almost 200 people attended the event at the council's Newham Dockside offices, which gave the chance for carers to meet up with their colleagues.

"Caring for a child when they are feeling most vulnerable and showing them what positive family life can be like is so important," said Councillor Quentin Peppatt, executive member for children and young people.

Newham Fostering Service is currently looking for people to consider fostering. For more information about fostering in Newham visit newhamfostering.co.uk or call 0800 013 0393.



Why we must become a good society

Politics is about getting things done and making a difference, which is the only way we are going to make our community better.

Newham had a fantastic year in 2012 and at our Annual General Meeting (AGM) I set out how I think we can build on that success.

I'm proud of the council staff who took the extra challenges of the Games in their stride, over and above the excellent services they provide every single day. And proud of our residents, such as the army of volunteers, who welcomed the world with a smile.

Sadly we have a difficult year ahead of us. Savage government cuts have hit our residents much harder than those in the wealthier parts of London.

Changes such as the 'bedroom tax' target the poorest members of our society making tough times even harder. Local people are bearing the brunt of the failure of the Government's economic plans.

Difficult times demand that our response is more than just damage control or simply managing the cuts... Good politics must begin with a vision of the society we aspire to, that shapes not only what we do but how we do it. For us that vision is resilience: a society where everyone has the capabilities and opportunities to achieve their

potential; and make real choices about their lives.

As part of this we're pursuing National Minimum Wage enforcement powers locally to ensure our residents aren't undercut by poverty wages – but that's not enough.

Newham Council pays the London Living Wage and applaud businesses who do the same. But it's time employers who want to do the right thing were supported. The minimum wage should be raised to the level of the living wage. Work should pay enough to live.

We're bringing investment and

growth into the local economy, with blue chip companies like Siemens and Westfield alongside the blue collar businesses we have always been proud of. We stand side by side with local businesses like Tate & Lyle in their campaign for better markets that don't disadvantage our residents.

We cannot rest on our laurels. I know that councillors, staff and our local partners will continue their incredible work to keep driving us forward, to shape the council for the better and make brave decisions in the interests of local people.



Mayor's view

Brought to book by the best

Making sure our youngsters have the best possible start in life is crucial to ensuring they realise their potential.

Developing reading skills is vital to early years development and that's why we have invested £1.5m in our Every Child a Reader (ECaR) programme.

I want our children to have the same opportunities as those born in more affluent areas. Without a good standard of reading children will start their lives at a disadvantage and face an uphill struggle to catch up.

I was delighted to see how pupils at East Ham's Brampton Primary School are using the latest technology to get the most out of their learning. The work they are doing is really impressive and the children are thriving as a result.

ECaR is vital for our children so we can ensure they have a world-class education that enables them to take advantage of the world-class city where they live.



A house divided will not stand

Having somewhere decent to call home is a basic human right and we've made big advances towards making sure everyone in our community has that.

One of my commitments is to improve private rented housing and our property licensing scheme is already adding our borough of rogue landlords.

They create misery for both vulnerable people who are forced to live in grim conditions and residents who take a pride in where they live. No one should have to live in fear and squalor

and nor should anyone else have to tolerate it.

The council has already issued 15,000 property licences – and is adding a further 1,000 each week. This is more than any other local authority in the country has ever issued. Newham's licensing enforcement team, with the police and UK Border Agency, is now targeting all those properties that are not licensed, for legal action.

We promised tough action and we're delivering on that pledge.



with Sir Robin Wales

LOOKING FOR an alternative to
staying on at school? PLANNING a career change?
Want training to get BACK TO WORK?

OPEN DAY

Saturday 15 June, 11am–3pm

@ Stratford Campus, Welfare Road, London E15 4HT

Capel Manor is the largest land-based college in Greater London, offering intensive, part-time and evening courses in **Floristry, Flower Arranging and Balloon Artistry**, at our East London centre based within Newham College.

For further details about
courses available and the OPEN DAY

ring Admissions on **08456 122122**

or email enquiries@capel.ac.uk

Capel Manor College

Realise your potential in the creative industries

East Hove Campus, Newham College, High Street South, London E15 4HT
Telephone: 08456 122122 | enquiries@capel.ac.uk | www.capel.ac.uk

Approved by

LANTRA

LANTRA

Approved



MEET THE BUYER EVENT HOSTED BY BOUYGUES UK

Bouygues UK has been appointed to construct Phase One of the Hallsville Quarter regeneration project. Phase One consists of the construction of a Montreux superstore and 179 apartments. Hallsville Quarter is the new £900 million town centre that is being created to establish a lasting legacy for Canning Town.

We are hosting a "Meet the Buyer" event on 12 June 2013 from 9.00am - 1.00pm:

The Place
2 Silvertown Way
London
E16 1ED

We would like to welcome any local construction subcontractors and suppliers to discuss opportunities on this exciting project.

For further details please contact Scott Jones:
020 7401 0020 | scott.jones@bouygues-uk.com | www.bouygues-uk.com

Newham London

BOUYGUES

www.hallsvillequarter.co.uk

Are you Prepared to Care?



National Carers' Week is taking place from 10 to 16 June. Newham carers are invited to a week-long celebration of their hard work at a series of special events.

A carer is someone who spends a lot of their time providing unpaid support to a family member, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems. All Newham's Carers' Week events are free and will give you the chance to find out about and access support available to carers in Newham.

Monday 10 June

Prepared to Care information stall

Get information, advice and guidance on carers rights and find out about support for carers in Newham at **Sainsbury's Superstore (Beckton)**, 1 Claps Gate Lane, E6, from 11am-4pm.

Tuesday 11 June

Carers' tea in the park information day

Find out about support available to carers in Newham over some light refreshments at the **Kitchen Table at Café in the Park**, Central Park, High Street South, E6, from 11am-4pm.

Wednesday 12 June

Newham Carers' Network health event

Too busy looking after your loved one to look after yourself? Come along and book a mini massage, enjoy a super food taster or take part in puzzles at **The Ascension Community Trust**, Exeter Road, E16, 10am-2.30pm.

Thursday 13 June

Carers' information event

- Prepared to Care

Understand the needs of the person you care for by widening your knowledge about their illness, health condition, drug and alcohol misuse and/or disability. Experts will be on hand to help answer your questions at **Minor Park Methodist Church**, Herbert Road, E12, from 11am-3pm.

Friday 14 June Carers' fun day

Come along and celebrate the contribution that carers make to our community. Give yourself a health check, relax with a pampering session, work up a sweat with

keep fit sessions and enjoy alternative therapies. There will be representatives from mental health, social care, welfare benefits and drugs and alcohol misuse services at **St Mark's Community Centre**, 210 Totterdean Road, Beckton, E5, from 11.30am-4pm.

Newham Carers' Network

Young Carers Family event

A family fun day for young carers who'd like to find out more about support available for them. Listen to a motivational speaker and enjoy light refreshments at **Eastlea Community School**, Pretoria Road, E16, from 5.30-8pm.

Saturday 15 June

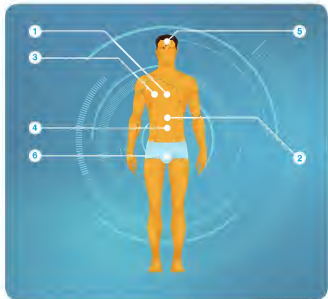
Carers' zone at the East Ham Summer Festival

Drop in for information, advice and guidance on your rights as a carer and have a carers' assessment to review your needs at **Barking Road Recreation Ground**, Barking Road, E8, from 12noon-4pm.

For more information visit www.newham.gov.uk/carersweek or call 020 3373 3874.

The man manual[®]

Men's health is a big issue, particularly because most blokes drag their heels when it comes to getting help.



Like maintaining a car, the key thing with your body is don't ignore any bumps, clunks or grating sounds and have a regular MOT.

Advances in diagnosis and treatments mean that many health problems can be nipped in the bud. So don't ignore symptoms and don't ignore letters inviting you to check ups.

1 The motor – heart health

The heart is the body's motor, and heart disease is common in Newham. Many blokes ignore twinges in their chest explaining them as indigestion, but if you have any tightness, heavy or crushing sensations in your chest which travel down your arm, neck or jaw you need to go to hospital pronto. In fact, any pain in your chest needs to be checked.

Preventing heart disease is relatively simple. Even small amounts of regular activity can lower the risk of coronary heart disease by up to 50 per cent. Reducing the amount of animal and dairy fats in your diet helps too and it isn't that hard. It's a bit like choosing unleaded at the garage.



five years your risk of a heart attack is half that of a smoker and after ten years your risk of lung cancer is also half that of a smoker. So what are you waiting for?

4 The boot – obesity

Driving round with a fully loaded boot wears out your car. Obesity causes many premature deaths every year and, on average, reduces life expectancy by nine years. It is associated with Type 2 diabetes, heart disease, and cancers. The main ways of reducing weight are eating sensibly and exercising regularly, which also helps keep cholesterol levels down.



2 The fuel system – diabetes

Diabetes causes a person's blood sugar level to become too high. It's like your car's fuel system being set too rich. Symptoms include feeling very thirsty, urinating frequently and feeling very tired. One way of reducing your risk of Type 2 diabetes is to keep your weight down by eating five portions of fruit and vegetables a day.



3 The dashboard – mental health

The brain is more than just a bunch of cells, it does a whole range of things and is affected by stress, moods and blood flow. Stress can lead to health conditions such as high blood pressure, anxiety, and depression. Sharing how you feel with someone you trust can help, as can learn sports or physical activity.



3 The air filter – smoking

Smoking's bad for you. When you quit it's not just your health that gets better: your skin looks better, your teeth are whiter, your breath is fresher, you'll have more energy, you'll have more money in your pocket and you'll live longer to spend it. Twenty minutes after your last cigarette your blood pressure returns to normal. Twenty-four hours and your lungs start to clear. After



The dipstick – prostate

More can go wrong down there than you think, or want to know. Men over 50 or from an African or Caribbean background are particularly vulnerable to prostate cancer. Nowadays it is diagnosed by taking blood so you don't have to be worried about undergoing examination.



Erectile dysfunction affects many men. It can also be an early sign of heart disease. If it happens to you get it checked out by your GP.

Health MOT

If you are aged 40 or over you can get a free health MOT

from your GP. It takes around 20 minutes and can help you stay well and reduce health risk factors. Some pharmacies also do them or you could drop in to one of the Health Buses at Newham Council events.



Saturdays

This football fitness session run by West Ham United is open to all male family members. The sessions take place on Saturdays. Call 020 7473 7720 for locations and times.



Win a man manual

You have the chance to win a copy of the **Man** Men Owners Workshop Manual, the definitive step-by-step guide to men's health.



To enter the draw email your name, address and phone number to newhammag@newham.gov.uk or write to Newham Mag, 1000 Dockside Road, London E16 2QU. Draw closes 12 noon on Friday 31 May.

The kids will be alright at the

Black out your calendar on Saturday 13 and Sunday 14 July and enjoy a weekend of free entertainment and activity at the Mayor's Newham Show.

Fun for under eights

This special space is designed with under eights in mind and will feature:

- electric car rallies
- circus skills
- giant chess
- storytelling sessions
- inflatable toys
- bouncy castles
- children's entertainers
- music
- face painting
- games
- challenges
- assault courses
- sacky racing
- arts and crafts.



Safe play for under fives

Only slides and climbing frames will be available for try tots to try out. Play equipment includes rockers, pedal and play cars designed for toddler-sized legs.

The area will have play houses, shops and a variety of gadgets and gizmos to intrigue and challenge developing minds. There is also a cosy, fully equipped, baby changing, bottle warming and breastfeeding space.

See the ZingZillas

Join children's TV presenters Andy Day and Sigl Sloane on Saturday 13 July and don't miss a special appearance from the ZingZillas on Sunday 14 July. Enjoy fun and frolics with Zak, Ting, Penzee and Drum, who will get you moving with their high energy mix show.



The Mayor's Newham Show is a free event for all. It is held on the grounds of the Newham Community Centre, 100 Newham Road, Newham, London E16 1AA. For more information, visit www.newham.gov.uk/show.



The Mayor's Newham Show

Launch yourself into space

Enjoy an out of this world experience as Discover Children's Storytelling Centre ups sticks from Stratford to take you on a Journey to Space.

Discover's skilled story builders will be bringing their latest exhibition to the show and help children create space-themed stories using everyday objects as inspiration. There will also be a robot-making workshop.



Enjoy a food adventure

Have you ever wondered how to turn cream into butter? Or how hard grains of corn are transformed into flour? Discover this and how a handful of soil can be used to create a growing bed for herbs and vegetables in our food area.

The partnership between Jamie's Ministry of Food Stratford, Leaside Food and the Young Farmers Federation will showcase how to cook delicious, healthy meals and grow great British food.

This area of the show will include an area for farm animals and a hands-on food growing area where you can roll up your sleeves and muck in. There are also prizes on offer if you can solve cereal and drink sugar puzzles.

Don't miss:

- our search ^{Jamie's} **MINISTRY OF FOOD** to find **Stratford**
Newham's answer to Jamie Oliver in a live school cook-off
- pop-up cooking classes: join in and learn a delicious Jamie Oliver recipe in 15 minutes
- a cooking masterclass with one of Jamie's Ministry of Food's top chefs
- food growing skills from Stratford community growing group Abbey Gardens who will show you how easy it is to grow your own fruit and veg or set up a community garden.



Can't wait for the show?

Keep reading the Newham Mag for regular updates on what you can enjoy at this year's show or visit www.newham.com for details of all our summer events.





Ref: MY2335



Ref: MY2488



Ref: MY2580



Ref: MY2640

Newham Council is working hard to tackle littering and other forms of anti-social behaviour. You can help us by letting us know who the people on this page are.

Please call **020 3373 4479** and quote the reference number beside the picture.



Ref: MY3005



Ref: MY3068



Ref: MY3113



Ref: MY3117

Ensuring your anonymity

If you provide information regarding identities you will **not** have to:

- provide your name
- leave your contact details
- make a statement.



Ref: MY3680



Ref: MY3681



Ref: MY7975



Ref: MY7986

Please call
020 3373 4479
and quote the
reference number
by the picture.



Ref: MY8038



Ref: MY8736



Ref: MY8788



Ref: MY8880



Ref: MY9128

CAUGHT ON CAMERA

KEEP IT DOWN

Noise in the wrong place at the wrong time can affect our quality of life. Noise is a common cause of disputes between neighbours, and can even impact our health and wellbeing.

In recent weeks, Newham's noise team have been busy tackling complaints about loud music and parties.

Last year, they received almost 7,500 calls concerning noise. The most common complaints were about loud music, followed by barking dogs and parties.

Selfish attitudes are a major cause of noise problems. Most noise complaints can be avoided by simply having a little thought and consideration for the people around you.

Loud music:

- **Keep the volume down, especially the bass, which goes through walls more than higher frequencies. Don't put speakers on or close to walls, ceilings or floors**
- **If practicing an instrument, play unplugged. Use pads and brushes on drums.**



Pets:

- **dogs bark, but they only bark a lot if they are not happy. Make sure your dog is well exercised and fed. You should also consider dog training**
- **cats can well and fight. If a neighbour complains try and keep yours inside at night.**



DIY:

- **if you are going to do noisy work warn your neighbours first and try to work during normal waking hours**
- **carry out the noisiest tasks in the middle of the day**
- **keep tools well maintained and sharpened. Where possible, use hand tools.**



You don't have to put up with it

If you are being disturbed by noise from a neighbour, there are a number of things that you can do.

First, you could approach your neighbour and explain politely that you are being troubled by their noise. Often people are unaware that they are causing a problem. Most will be glad to do what they can to reduce noise.

If this does not work or if you feel threatened you can contact the council. Newham has officers available throughout the day and at night to respond to complaints of excessive noise. Just call

020 6430 2000 and choose option 2

The noise team may visit you to assess the problem and if necessary negotiate a reduction in the noise. In severe cases the council can issue fines. The team also has the power to seize noise making equipment and to prosecute individuals.

Newham takes noise very seriously. Noise offenders have been evicted from council properties and the council also supplies evidence to social landlords to help evict noise offenders.

For more information visit www.newham.gov.uk/noise



Revised May Bank Holiday refuse and recycling collection days

Collection day	Revised Collection Day
Mon 27 May	Tue 28 May
Tue 28 May	Wed 29 May
Wed 29 May	Thu 30 May
Thu 30 May	Fri 31 May
Fri 31 May	Sat 1 June

Normal collections will resume from
Monday 3 June

Household waste remains a weekly collection.

Please note that most recycling collections are now fortnightly.

Residents should refer to the leaflets recently delivered to their homes for their collection calendar.

recycle

<http://www.newham.gov.uk/recycling>

Do you live in Newham and want to teach a musical instrument?

The Mayor of Newham offers a ground-breaking programme called Every Child a Musician, which provides free music tuition in schools to children aged nine to 12 years old. As part of the programme, Newham Council is helping talented local musicians to become music tutors through our Local Tutor Training Programme.

- > Can you play an orchestral instrument, the guitar or keyboard to a high standard (equivalent to ABRSM grade 6 or above)?
- > Do you want to develop your teaching skills and experience so that you can become a music tutor?

If the answer is yes, then continue reading to find out more about the **FREE** part-time Local Tutor Training Programme which could provide you with a pathway to rewarding employment opportunities such as shadowing tutors in Newham primary schools or participating in a workshop with the world famous Royal Philharmonic Orchestra.

For more information about courses starting in June call 020 3373 1331 or email exam.tutor@newham.gov.uk





Come to a Carnival Camp

If you want to be part of Newham's largest street party, sign up to take part in this year's Mayor's Newham Carnival and we'll help you float away with some world-class props, as seen in the Opening and Closing Ceremonies of the 2012 Games.

Last summer the streets were flooded with colour as more than 2,500 participants came together for the borough's biggest annual parade and proudly welcomed the Olympic Torch to Newham.

The Games may be over but the fun remains. We're inviting you to sign up for one of our free Carnival Camps where you can shape this year's event.

Costumes will be created using unique props and materials from the 2012 Games Opening and Closing Ceremonies. Come along to be astounded by these works of art and make your own creation for the procession.

This year's carnival draws on the

seasons for inspiration. Professional artists will help you create costumes, props and floats which represent change and growth, symbolising the regeneration and transformation happening in Newham.

Whether you want to help decorate a float, design a costume or create a prop to hold, wave or wear in the procession, come to a camp.

The Mayor's Newham Carnival takes place on Saturday 13 July. Starting from Planchette Road, E8, the lively procession will snake its way around East Ham before making its way to Central Park, E6, for the Mayor's Newham Show

Camps will be held at:

Newham African and Caribbean Resource Centre, Barking Road, E13

Tuesday 25 June, 6.30-8.30pm

Tuesday 2 July, 6.30-8.30pm

The Tinty Centre, East Avenue, E12

Thursday 27 June, 6.30-8.30pm

Thursday 4 July, 6.30-8.30pm

St Mark's Community Centre,

218 Tollgate Road, Beckton, E6

Saturday 22 June, 10.30am-12.30pm

Saturday 29 June, 10.30am-12.30pm

Rosetta Arts Centre, 1 Hamilton Road, E15

Saturday 6 July, 10.30am-12.30pm and 1.30-3.30pm

For more information visit www.newham.com/summer

DADI Day care

An award-winning Newham project is helping first time fathers to become great dads. DADI (Dads Are Doing It) Day teaches expectant dads what to expect when their bundle of joy arrives.

The hands-on workshop run by Newham's Early Help Plus midwifery team gives fathers the chance to practise being a dad in a non-judgmental atmosphere. Pappas are free to ask questions and can learn valuable skills that allow them to confidently care for their baby.

"It was just the two of us. We have no family here so I thought I'd better learn something."

Before his son Peter arrived in April, new dad David Mao from Custom House had never held a baby. His wife Penny told him about DADI Day and he signed up straight away. David said: "We have no experience of raising a child. It was just the two of us. We have no family here so I thought I'd better learn something."

DADI Day focuses attention on fathers so they feel as special and important as mothers are traditionally encouraged to feel.

Delivery day

David said: "Everyone there didn't know what to expect. We spoke about things we needed to be aware of, like what happens on delivery day."

"I hadn't thought about how we were going to get to hospital. I just assumed we'd get an ambulance but someone told me that as it wasn't an emergency they wouldn't come and I'd have to arrange a cab. That makes sense now but at the time it wasn't something I'd considered."

As well as preparing for their baby's arrival, dads have a chance to discuss the physical and psychological impact the child will have on their life. David explained: "As well as the day-to-day caring we found out about issues like post natal depression and how we can support our partners."

Baby doll

The interactive workshop isn't all talk and no action. Using little dolls, dads discover how to handle a baby first-hand. David said: "I didn't know how a baby worked, I'd never picked one up. Using dolls, we learned lots of practical things like how to wind and to bathe the baby. You have to put the baby in the bath in a certain way and check the temperature of the water using your elbow rather than your hands."

Hands-on hubby

Using the skills he learned at DADI Day, David was able to support Penny after Peter was born via a caesarian section. He said: "I showed her how to change nappies, she'd never done it before. I learned this from DADI Day. I even taught her how to bathe the baby, because at first she wasn't confident enough to do it on her own."

David found DADI Day an invaluable experience. He said: "It was really helpful. Some of the courses we went on focused on mums more than dads. They mostly involved talking and showing pictures, which is good, but DADI Day is more about doing stuff and a hands-on."

"Some things need to be shown, it's the best way to learn."

Father's day

Free DADI Day workshops for Newham men are held monthly in children's centres across the borough.

The men only sessions are a chance to meet other fathers and will show you:

- > how to support your partner through pregnancy, labour and birth
- > how to bathe your baby, change nappies and settle your baby to sleep safely
- > skills for coping with a crying baby.

To find out more or to book your place email

Yohana.Wade@newham.gov.uk or call 020 3373 0286.





David und Peter



Newham in pictures



1 Musicians from the Royal Philharmonic Orchestra deliver a masterclass at Sandingham Primary School, E7 2 The Maryland Primary School Choir gives a lunchtime recital St John's Church, E15 3 Pupils from Park Primary School, E15 take part in a pottery painting workshop based on Bow porcelain. The Made in Bow exhibition runs until 25 July at Bow Arts, 191 Bow Road E3 4 Husband and wife Holocaust survivors Herbert and Lilian Levy at the launch of the Anne Frank + You exhibition at Newham Town Hall E6 5 Footballer Jemell Deboe visits Jamie's Ministry of Food Stafford at East Ham Leisure Centre E8 to celebrate Food Revolution Day



Father figure

People foster children for many reasons; Yinka's reason was personal. He wanted to give something back to vulnerable young people in difficult circumstances, a feeling he knows all too well. On paper he may be a foster carer to two brothers but in person he is dad to his boys, who have been living with him for almost a year.

Yinka is an Ekiti boy by birth. Having been in care himself for almost 20 years, he knows the feeling of uncertainty that comes with leaving your home and your family to go and live with someone else. He said: "I went to live with carers in Lowestoft. I had no contact with my biological parents. My fostering experience was difficult. There weren't many black people where I lived. I didn't grow up in a 'normal' environment but I accepted things for what they were."

After he left the care of his foster parents, Yinka went on to forge a 20-year career working with young people. When he was offered voluntary

redundancy he grabbed the chance to change jobs and become a full time foster father. He said: "It's something I always wanted to do. I'd brought a house and had the space and thought now's the time to give something back."

Being a parent isn't easy but the rewards you get from nurturing and raising a child outweigh the challenges. This is true whether the child is your own or someone else's. Yinka said: "Giving them stability and consistency is key. You can choose whether you want to care for children on a long or short term basis. I opted for long term. I think you can have a better effect on changing a young person's life over a

longer period of time. I thought if I can give a child some stability then that's what I'd like to do."

Yinka's infectious smile and laugh to match could melt the coldest of hearts so it's no wonder his boys warmed to him almost immediately. He said: "The boys aren't people I look after, they are my family but the first time they called me dad was completely surreal."

"We'd met a few times before they came to live with me. The first night they stayed here they were still living with their previous foster carers. I was helping them sort out their clothes and the youngest said: 'dad'. I didn't know what



to say so I ignored it, I didn't know if he was talking to me or if it was a slip of the tongue. Then, he said it again, 'dad'. I turned around. He said: 'Can I call you dad?' I said 'yes, of course you can'.

With the older brother, it took a bit longer. He wanted me to work for it! He did things exactly the way I would. I think before he moved in here officially it wasn't a reality. When they did finally move in, on the first morning he said: 'I feel comfortable now. I'm going to call you dad'. It was within the space of two weeks and that's how it's been ever since."

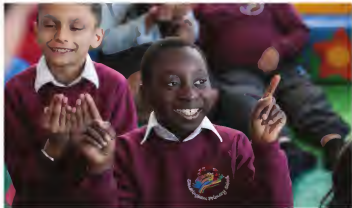
The foster facts

Almost anyone can apply to become a foster carer. We are looking for people and couples who are patient, resilient, understanding, energetic and enjoy spending time with and caring for young people. You don't need to own your own home, be married or employed, but you must have enough room in your home to accommodate a child.

As a foster carer you will receive:

- > an allowance that covers the child's expenses
- > a fee for yourself
- > a dedicated social worker to support you in your fostering role
- > out of hours telephone support.

If you think you could foster a child call freephone 0800 0130 260 or visit www.newhans.gov.uk/fostering for more information.



The sound of success

Newham's Every Child a Musician (ECaM) programme, the largest of its kind in the country, is scaling new musical heights helped by experts from the Royal Philharmonic Orchestra (RPO).

RPO resound, the renowned orchestra's community and education programme, supported by ECaM tutors, held a series of music sessions with pupils at Sendingham Primary School in Forest Gate. The project was funded and supported by asset management company Northern Trust.

The ECaM programme, which gives children in Year 5, 6 and 7 a musical instrument and three years free musical tuition, was adapted to make it more accessible for pupils with special educational needs.

Guided by the RPO resound team and ECaM tutors, as well as volunteers from Northern Trust, around 60 Sendingham schoolchildren took part in creative music workshops designed to support and complement existing ECaM tuition. As

well as playing a range of instruments, the children were treated to a performance from the RPO, both in school and in central London, in evidence of a special performance of their own.

At the end of the workshops, the children showcased the skills they'd learned with a special performance of their songs and music to their parents, carers and friends. It was the first time many of the pupils had performed in public and the emotional performance moved some of the audience to tears.

Eight thousand Newham school pupils regularly enjoy free musical tuition which helps improve children's self-confidence, self-esteem and sense of achievement.

Sendingham is one of 63 Newham primary schools who are taking part in

ECaM. Such is the enthusiasm for ECaM, the school also offers Saturday morning music lessons.

ECaM local tutor training programme

If you can play an orchestral instrument, the guitar or keyboard to a high standard (equivalent to ABRSM grade 6 or above), live in Newham and are under/unemployed, you could be eligible to apply to our FREE part-time local tutor training programme. Turn to page 16 for more information.



Only in Newham

Did you know that just five-minutes from Queen Elizabeth Olympic Park there is a house that is not a house on an island that is not an island?

The House Mill is a giant machine in the shape of a house. It sits on an artificial island that is built on wooden piles driven into the river bed, just like you'd find in Venice.

The House Mill, on Three Mill Lane, E3, is a unique place. Built in 1778 by a family of Huguenot refugees from France, it is the world's largest tidal mill. It originally ground flour to make gin, but during the Napoleonic wars it also milled gunpowder.

The House Mill fell into disrepair in the early part of the 20th Century. The Miller's House was destroyed during The Blitz and then in the 1950s much of the Victorian era machinery and cast iron pillars were looked for scrap,

leaving the building derelict.

It was scheduled for demolition in the 1970s, but it was saved. In the 1990s The House Mill was renovated and the Miller's House re-built.

Nowadays this beautiful, wood beamed, Grade 1 listed building is a fantastic heritage attraction. It is now hoping for a £4.8m project to refurbish the water wheels and breathe life back into the machinery that is at the heart of the building.

If successful, House Mill won't just be grinding flour, it will be generating electricity. It will host a permanent exhibition on alternative power and will hold weddings, events and exhibitions.

Summer events start with a bang on Sunday 16 June, from 12noon, with a number of free showcase performances by the Pandemonium Drummers, who featured in the Opening Ceremony of the 2012 Olympic Games. House Mill will also be open for guided tours.

The House Mill needs around 50 new volunteers to help run the building and support the community activities like music, arts and theatre.

For more information, to volunteer or to make a donation visit www.housemill.org.uk

The Miller's Café, attached to House Mill, is open Monday to Friday 10am-3pm and when the House Mill is open for tours - every Sunday from May to October, 11am-4pm. Guided tours cost £3 (£1.50 cones/children free).

Have a ball this half term

From baking bread to burning rubber on two wheels, activeNewham, the borough's leisure trust, is hosting sessions to help you make the most of the half term break.

From Saturday 25 May to Sunday 2 June head to our leisure centres, outdoor sports areas and parks to enjoy some great activities.

BMX

Discover the thrills of BMX riding and put your skills to the test with racing competitions.

For ages eight to 16. Bikes and helmets are provided. All participants must be able to ride a bike unassisted. Wednesday 29 and Thursday 30 May, 10am-1pm, BMX Track, Gooseley Playing Fields, St Albans Avenue, E8. Sessions cost £5. Places are limited and booking is essential. Call 0844 414 2728 to book.

FREE: Swimming

If you are a Newham resident aged under 16 or over 60, you can swim for free at all of Newham's leisure centres during public swimming sessions. Find out more at any Newham leisure centre.

Cricket

Stumped for things to do this half term? Don't go batty at home - have a wicket time at cricket sessions led by qualified coaches. For ages eight to 16. Tuesday 28 to Thursday 30 May, 10am-1pm, West Ham Park,

Portney, E15.

Sessions cost £2 or £5 for three days. To book call 0844 414 2728 or turn up on the day.

FREE: Female fitness sessions

Female only gym sessions with qualified coaches at Newham Leisure Centre. For ages 11 to 16. Tuesday 27: 3.30-5pm. Wednesday 28: 1.30-3pm. Thursday 30: 3.30-5pm. Newham Leisure Centre, Prince Regent Lane, E15. No booking required.



Cheerleading: Build Ur Skillz

Learn basic tumble and gymnastics moves and cheerleading skills including stunts, jumps and dances, at the return of these popular sessions. For ages five to 15
Wednesday 29 to Friday 31 May,
11am-3pm, Talent Central Cheer & Dance, Gallions Reach Shopping Park, E6. Sessions cost £10 per day or £20 for all days.

Call 07886 612 610 to book or email registration@talentcentral.org

FREE: Become a wildlife explorer

Find out about the wild creatures that live in Newham's parks.

Experts from the Field Studies Council will teach you how to make homes for birds and bugs, create jewellery from trees and identify birds.
Wednesday 23 May,
11am-4pm, Stratford Park, West Ham Lane, E15.

Kids' stuff

The Kidz playcheme combines sports activities and imaginative arts and crafts for ages five to 11

Tuesday 28 to Friday 31 May,
8am-6pm. £13.35 daily
Call 0844 414 2728 to book.

FREE: Beckton Lake Discovery Day

Want an exciting free day out? Learn how to fish with the experts at a free angling session. All equipment is provided.

Sessions will operate on a first come, first served basis. No booking required. Suitable for all ages but under tens must be accompanied by an adult. Ten to 16-year-olds must be signed in by an adult.
Sunday 26 May, 11am-4pm,
Beckton Boathouse, Beckton District Park North, Tilgate Road, E6.

Learn bushcraft skills

Get back to nature, learn skills that were used by our ancestors and find out how to survive in the wilderness.

This family-friendly day will teach you how to forage for food, bake bread outdoors and more. Minimum age eight
Saturday 1 June, Beckton District Park North, Tilgate Road, E6. (Meet at the boathouse parking). 10am-5pm, with a one hour break for lunch.
£4.50 adult, £2.50 child.

For full details of all half term events and activities visit any Newham leisure centre, library or Local Service Centre, go online to www.activeNewham.org.uk or call 0844 414 2728. Costs will cost no more than 50p/min from a BT landline. Charges from other networks may be higher.

More information about the half-term programme can be found on the What's On section at www.activeNewham.org.uk





Thought-provoking ideas

Space travel, stolen paintings and West Ham United are three hot topics we're inviting you to explore as part of our Ideas Olympiad.

The free lectures are a chance for you to get under the skin of some of the most charismatic speakers in the country, all with eye-opening stories to share.

Art Theft and the Case of the Two Stolen Turners **Sandy Nairne, director of the National Portrait Gallery**

Thursday 8 June. Doors open 6.30pm. Stratford Circus, Theatre Square, E15. (includes book signing).

In 1994 in a gallery in Frankfurt two Turner paintings, then valued at £24m, were stolen while on loan from London's Tate Gallery. Sandy Nairne worked with the authorities over an eight-year period to secure their successful return.

Sandy will share the complex story of how he helped bring the paintings home. Sandy will also discuss other high value art thefts and try to crack the puzzle of

why thieves steal well-known works of art which cannot be sold, even on the blackmarket.

A conversation with David Gold, joint-chairman of West Ham United Football Club

Tuesday 18 June. Doors open 6.30pm. Stratford Circus, Theatre Square, E15. From beginnings of extreme poverty, overcoming numerous setbacks along the way, David Gold is now one of Britain's most successful businessmen.

David will share his journey from growing up as a young boy in the East End during the war years to becoming the joint-chairman of West Ham United Football Club. He will also speak about the club's close relationship with the local community and their role in fulfilling Newham's Olympic legacy. The talk will be followed by questions from the audience.

The power of dreams **Maggie Aderin-Poock MBE, British space scientist**

Thursday 27 June. Doors open 6.30pm. The Crystal, One Siemens Brothers Way, E16.

Growing up, Maggie dreamed of being a space scientist, but dyslexia meant she struggled at school, making her goal even more challenging. Find out how she overcame obstacles to become one of the country's leading space scientists whose global projects range from trying to crack climate change to creating handheld landmine detectors.

This inspirational story will allow just what can be achieved when we have the confidence to believe in ourselves. Come and hear how dreams really can come true.

All tickets are free. To book your visit www.newham.gov.uk/ideasolympiad

OUR NEWHAM

Exclusive Father's Day competitions

Win tickets to Ooh La La



To celebrate their award as Britain's frankest tourist attraction, Brick Lane Music Hall is giving you the chance to win two tickets to their new show *Ooh La La*. Brick Lane Goes French.

The midline performance takes place at 2pm on Tuesday 25 June at Brick Lane Music Hall, St Mark's Church, 443 North Woolwich Road, E16.

By combining French entertainment and English afternoon tea you are guaranteed something a little bit naughty and something a little bit nice, all courtesy of Brick Lane Music Hall's effervescent master of ceremonies – Mr Vincent Hayes NBE (below).

To enter just answer, where is Brick Lane Music Hall?

1. Brick Lane
2. Strawberry Lane
3. Silvertown

See below for details on how to enter.



Win East End book



You have the chance to win one of two signed copies of *All Change for Upton Park* by Steve Derry.

Born in 1943, Steve is a real East Enders. His book takes you on a rollercoaster ride from school day memories of East Ham Grammar to his enduring love affair with West Ham United Football Club.

To enter just answer, what is West Ham's theme song?

1. Glad All Over
2. I'm Forever Blowing Bubbles
3. You'll Never Walk Alone

See below for details on how to enter.

You can buy copies of the book from Newham Bookshop, 745-747 Barking Road, E13, or from Steve's website www.allchangeforuptonpark.co.uk

Win £50 to spend at Westfield

Westfield
STRAFORD CITY

Westfield Stratford City is offering you the chance to win one of four £50 gift cards to spend in their shopping centre.

To be in with a chance of winning just answer **who** turned on the Christmas lights at Westfield Stratford City in 2012?

1. Amanda Palmer
2. Rihanna
3. Pete Doherty

By entering this competition you agree to receive news and offers from Westfield. See below for details on how to enter.

How to enter

To enter any of the above competitions email the name of the competition, your answer, your name, address and phone number to newhammag@newham.gov.uk or write to Newham Mag, Fourth Floor West Wing, 1000 Dockside Road, London E16 2QU. All three competitions close at 12noon, Friday 7 June.

Vintage Summer party

Abbey Gardens, Bakers Row, E15, is hosting a free vintage summer party from 2-5pm on Saturday 8 June.

Enter the Victoria Sponge competition (bring your cake with you on the day). Come along and find out about the history of the garden and join in with the children's hat workshop or enjoy a storytelling session. There will also be live music, traditional dishes for lunch tea, coffee and home-made cakes.

For more information, please visit www.abbeygardens.org email info@abbeygardens.org call 07725 946 596 or follow them on Twitter @_abbeygardens



Free summer Futsal sessions

If you are interested in football by futsal – the ultimate five-a-side experience.

Genesis Futsal Club is launching a free, new futsal season for 15 to 18-year-olds on Thursday evenings in Canning Town.

Legendary South American footballers such as Pelé, Ronaldinho, Lionel Messi and Ronaldo credit futsal as having been key to developing their skills. That is just one of the reasons why the FA has been keen to develop futsal in England. It is also the only five-a-side game recognised by FIFA.

Free futsal sessions take place every Thursday at Rokeby School, Barking Road, E15, from 6-7:30pm.

Sessions for seven to 11-year-olds take place on Fridays 6:30-8pm and cost £4.

To find out more email contact@genesisfc.co.uk or call Trevor Tarnatawa on 07338 086 467.

Just for men

If you are a gay man aged over 50 and would like to boost your social life and make friends, sign up for the Active and Connected course run by charities Positive East and Age UK east London.

The course, which starts on Thursday 30 May, includes workshops on personal histories, how friendships can shape lives and keeping a journal. There will also be two outings, one involving exercise and one to a local venue.

To attend, find out more by calling Christopher Scott Burrows on 020 7701 2556 or email christopher.scott.burrows@positiveeast.org.uk





Bags of Ability

Bags of Ability are free sensory storytelling sessions for children aged between one and five years, who have been diagnosed with or who are showing signs of a disability.

The 60-minute sessions, run by Mencap in partnership with Bag Brides, include sensory storytelling and how to write stories come to life with household objects, singing and signing. After the session parents can get advice and support from Mencap.

Bags of Ability sessions take place throughout Newham. The next session takes place on Friday 7 June at 10.45am at New City Outreach Centre, New City Road, E18. Booking is essential.

For more information email rachel.pewin@mencap.org.uk or call Rachel Pewin on 02044 230 700.

Citizenship in action

Year 11 pupils at Sarah Bonnell School in Stratford have raised £1,990 for charity Anchor House, E16, the award-winning residential and life skills centre for homeless people.

As part of their citizenship class students organised a food drive, a non-uniform day, cake sale and classroom collections.

Anchor House provides support to up to 220 homeless people each year.

Keith Farnett, director of Anchor House, said "In the current economic climate, the problem of homelessness is more pressing than ever. It's wonderful to see young people being so engaged with local issues."

For more information visit www.anchorhouseuk.org



Year 11 pupils of Anchor House receives a cheque from Sarah Bonnell School

Computer courses for older people

Starting Wednesday 5 June, Hilbes Community Centre, Buckingham Road, E15, is running basic ICT courses for residents aged over 50 on Wednesdays from 12noon-1.30pm. It costs £10 for a ten-week course with an assistant. Enrollment is on Wednesday 5 June. Proof of age is required.

For more information call 020 8519 8108.

Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime
contact telephone number on the back of your entry. We
cannot return any entries.

GALLERY



Harishta



Ashe Ahmed, 10



Helene Sun, 8



Ashta Siddique, 12

Free membership of Stratford Picturehouse

This issue's winner receives free annual family membership of Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize, send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 29U**. Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see who's on.



Colour-me-in Crossword



Across

1. Most important city in a country (7)
5. Lamp with a transparent case protecting a flame (7)
6. Manchester football team (6)
8. Indian musical instrument (5)
9. Creatures from outer space (8)
12. Gathering in crops (7)

Down

1. And 2 Down. These are used for colouring in (5,7)
2. See 1 Down
3. Famous pop group from Liverpool (5,7)
4. Ring in a chain (6)
7. 3 ft (7)
10. Person who doesn't tell the truth (6)
11. Tree with silver-gray bark (5)

Poem

My mum and dad

My mum and dad,
Are the best people I've ever had.
I love them dearly and I will forever,
I will never forget them, never ever.

'Cause they are the ones who
make me laugh,
They are the ones who make
me happy.

I will love them fully, never halt,
They will be in my mind forever
and ever.

My mum and dad are really fun,
In games they always make
me run.

In the world they are the best,
They are better than all the rest.

'Cause they are the ones who
make me laugh,
They are the ones who make
me happy.

I will love them fully, never halt,
They will be in my mind forever
and ever.

Gazadeh Tajalli, 9

WHAT'S ON?

**FIVE PAGES
OF ACTIVITIES
MOSTLY FREE,
ALL FUN!**

To view hundreds of events, or to add your own,
log on to www.newham.gov.uk/whatson

24 MAY – 7 JUN

OUR THRILLING THREE...

1

Plant sale – Sat 1 and Sun 2 June, 10am-4pm,
East Ham allotments, Folkestone Road, E8. Flowers,
veg, herbs and honey at affordable prices

2

Gardening – beginners sessions for the over 50s
Every Tuesday until 10 September, 12noon-2pm, at
the Newham African Caribbean Resource Centre,
627 BSR Baking Road, E13. For more information,
call 020 8471 2266

3

Three Mills three-mile walk – a scorable, three-
mile walk with the Newham Striders. Meet at the Mills
House Café, Three Mills Lane, E3. Sunday 1 June, 1-4pm.
Under 16s must be accompanied, not suitable for under
10s. For more information call Cox Onih 020 8430 6655

MENTION THE MAG...

The Garden Community Café is a bustling space in the heart of
Custom House. As well as fabulous activities ranging from arts
and crafts to poetry and guitar lessons they also serve healthy,
hot and cold foods including soups, sandwiches, cooked
breakfasts, jacket potatoes and meals of the day.

**Mention the Newham Mag when you buy a sandwich
and drink at the Garden Community**

Café to get a free 'bowl of mago' (a
delicious mix of granola, yoghurt, fresh
fruit, nuts, seeds, wheatgerm and
honey). Offer ends 30 June.

The café at 7 Cundy Road, E16, is
open Sat 8am-3.30pm, Monday to Friday.
Call 020 7474 5257 for more information.



TRY SOMETHING NEW... DASL ACTIVE: AIR SPORTS

DASL Active: Air Sports is a free sports and fitness
programme for adults in Newham who want to realise
positive changes and get the most out of their lives.

AIR sports sessions offer jiving and walking, boxing, kick,
weight loss and fitness reports, as well as multi-sport battles
and a range of coaching qualifications and volunteering
experiences.

Staff at the sessions can also support individuals with
personal development, training, education, employment
skills, goal setting and how to deal with anything
between our pillars.

Sessions take place
at Canning Town,
Maritime Workshop 8.00pm-
10.00pm, 10.00pm-12.00pm,
Maritime Workshop 12.00pm-
2.00pm, 2.00pm-4.00pm,
Maritime Workshop 4.00pm-
6.00pm, 6.00pm-8.00pm,
Maritime Workshop 8.00pm-
10.00pm.

www.airclubuk.org or
call 0800 900 000



Indicates free sessions

ARTS AND ENTERTAINMENT

Comedy Night

Entertainment every Mon, 8pm,
Theatre Royal, Stratford East
Gerry Raffles Square, E15. Visit
www.stratfordart.com/
comedy night

Mini Musical Makers

Free music and story building
sessions for 2-5 years
Wed afternoons: Discover Story
Centre, 383-387 High Street,
E15. Call 020 8536 5555
Mon mornings, The Hertley
Centre, 267 Barking Road, E8.
Call 020 7540 6563

**Free entry to Discover
Children's Story Centre
when you attend.**

Free music therapy sessions
for 2-5 years.
Thurs, 3-4pm at Shrewsbury

Children's Centre, Shrewsbury
Road, E12. Call 020 3373 6050
Fri, 2.15-3.15pm or 3.45-
4.45pm, Susan Lawrence
Children's Centre, Lawrance
Avenue, E12. Booking is
essential. Call 020 3373 7227

COMMUNITY LEARNING

Do it Online

Basic computer sessions. All
sessions take place at local
libraries. You must book
in advance.

Tues, 10am-12noon, Beckton
Tues, 2-4pm, Plaistow
Wed, 2-4pm, Stratford
Thurs, 10am-12noon
Canning Town and Manor Park
Fri, 2-4pm, East Ham

Knit & Natter

Craft group for adults, at local
libraries.
Fri 10am-12noon, Canning Town
Wed 10am-12noon, Beckton

Basic Numeracy (19s) 
Mon Thurs, 10am-5pm and
Fri, 10am-1pm, Jack Cornwall
Community Centre, Jack
Cornwall Street, E12. Call
07943 887 812/
07507 173 272

Writing for Fun 
Sessions take place at local
libraries. Free ten week
creative writing course for
16+ at your local library Mon,
6-8pm, Stratford

Reading for Pleasure 
Sessions take place at local
libraries. Free ten-week course
open to all. Sun, 2-4pm, Stratford

UNDER-25s LIBRARY ACTIVITIES

Open to under-fives with their
parents/carers. All sessions
take place at local libraries

Toy Library 
Tues and Thurs
10am-12noon East Ham

Imaginative Play 
Fri, 11am-12noon, East Ham

Storytelling 
Stratford sessions are run
working in partnership with
Maryland Children's Centre
Mon, 11am-12noon /Bostow,
Canning Town and Beckton Globe
Tues, 11am-12noon
Custom House
Tues and Fri, 11am-12noon,
Stratford
Weds, 2-3pm East Ham
Thurs, 2-3pm, North Woolwich
Fri, 11am-12noon,
Green Street and Manor Park

YOUNG PEOPLE'S LIBRARY ACTIVITIES

All sessions take place at
local libraries

Homework Club 
For young people aged seven
to 14. School term only
Mon, 4-6pm, Stratford and
East Ham
Mon, 3.30-5.30pm,
North Woolwich
Weds, 3.30-5.30pm,
Green Street and Manor Park
Thurs, 4-6pm Custom House
and Plaistow
Fri, 3.30-5.30pm, Beckton
and Canning Town

ADULT LIBRARY ACTIVITIES

All sessions take place at
local libraries

Adult Reading Groups 
Thurs 6 June, 6.45-7.45pm
Plaistow This month The Blind
Assassin by Margaret Atwood

Over-50s Club 
Thurs, 10am-12noon
Beckton Globe

GENERAL LIBRARY ACTIVITIES

Chess Club 
Learn and play chess for free
at your local library
Thurs, 5.30-7.30pm, Stratford

EXTRA ACTIVITIES

Royal Docks Learning & Activity Centre

Mon Employment Support
sessions by appointment only
Tues, Bingo, 10am-12noon
Healthy Cooking Group,
10am-12noon
Over 50s Computer classes,
11am-1pm
Weds Mother and Toddlers
group, free, 9.30-11am
Coffee Morning free 9.30-11am
Learn to Earn - Employment
Support Drop-In, free,
10am-2pm
Sewing Classes 10am-12noon
Thurs, Tai Chi, 12
10-30am-12noon
Sessions take place at Royal
Docks Learning & Activity
Centre, Albert Road, North
Woolwich, E16

Call 020 7476 0022

LGHT Community Group

For over 50s. Snacks and
refreshments provided
Every third Tues of each month,
4-6pm, Community Resource
Centre, 200 Chargeable Lane,
E13. Call 020 7236 8056

Dirty Hands Project

Grow your own fruit and veg
Open to all. First Sat of each
month, 10am-2pm, Walens
Grove, (opposite Plaistow
Station) E13. Visit
www.dirtyhandsproject.org.uk or
email.dirtyhandsproject@gmail.com
or call 07561 674 210

Table Top Sale

Sell your goods and keep your
profits. £5 a table - open to all
Last Sat of every month 9am-
2pm Jack Cornwall Community
Centre Jack Cornwall Street,
E12. Call 020 8553 3459
1st Sat of every month,
10am-4pm, Community
Resource Centre,
200 Chargeable Lane, E13
Call 020 3373 2211

Turn up and Trade

Free pitches available for
traders. Every Sat, 9am-
4pm, Roshone Market
Barking Road, E16. Email
saturdaytrader@gmail.com or
galina.doncheva@newham.gov.uk
or call 07750 945 285

BASKETBALL

Younghoods Basketball

All sessions 11-17
Sat, 1-3pm,
U12s mixed
East Ham Leisure Centre, E5
Mon 8-9pm,
U13/14s boys
St Angelo's School, E7
Tues, 5.30-7.30pm,
Newham Leisure Centre, E13
Mon 4.30-6pm,
U14s girls
St Angelo's School, E7
Tues, 5.30-7.30pm
Newham Leisure Centre, E13
Tues, 6-8pm,
U15/16s, boys

East Ham Leisure Centre, E5
Fri, 5-6pm,
St Angelo's School, E7
Tues, 8.9-4.5pm
U17/18s boys
East Ham Leisure Centre, E5
Thurs, 7-8pm,
St Bonaventures School, E7
Fri, 6-8pm
St Angelo's School, E7
Call 07968 307 887

Newham All Star Sports Academy (NASSA)

All sessions take place at UEL,
Docklands Campus, University
Way, E16. Sessions are £1
unless indicated otherwise
Visit www.nassasports.org.uk
Weds, 4.20-6pm, U13-14
5-6pm, U16-18
6-10pm, Senior Men
Thurs, 4.20-6pm U13-14
6-8pm U16-18
8-10pm, Senior Women, E2
Fri, 4.20-6pm U13-14
6-8pm U16-18
8-10pm Senior Men Run, E2
Sat, 10.20am-12.20pm, junior
boys and girls, 8-14, E2
Call 07700 520 925
or 07712 176 301

National League

Mon, 6-8pm, U13/14s,
Rokely School,
Barking Road, E16
Tues, 5-8pm U15/16s
Rokely School
Barking Road, E16
Thurs, 4.30-6pm,
U13/14s boys, U14s girls,
Newham Leisure Centre,
Prince Regent Lane, E13
6-8pm, U18s,
Newham Leisure Centre,
Prince Regent Lane, E13
6-8pm, U18s, Cumberland
School, Oban Close, E13

Gifted and Talented

Fri 4.15-5.30pm
Cumberland School
Oban Close, E13

Basketball Session

Sat, 10am-12noon
Newham Leisure Centre,
Prince Regent Lane, E13





Senior Men/Women Programme

Mon 7.30-9.30pm
Division 2 Women and Division 3/4 Men: Rokeby School, Canning Town, E16
Call 07947 401 618

3v3 Basketball League

Thurs, 5-7pm: 8-10s, Forest Gate Youth Centre, Woodford Road, E7
Fri 7-8pm: 8-10s, Little Ford Youth Zone, Rectory Road, E12

3v3 Basketball Competition

2nd Sat of the month, 10am-1pm, U12s/U14s/U16s, Little Ford Youth Club, Rectory Road, E12

Basketball & Multi Sports

Fri 5-6.30pm: 8-10s: Sharnhall MUGA, Sharnhall Road, E17

FOOTBALL

Mayor's Football League

U10s, U12s: Mon, 4.30-5pm and U16s, U18s, 6-7pm
Newham Leisure Centre, Prince Regent Lane, E13

WYU Kickz

Mon U14s, 4-5.30pm
15+, 5.30-7pm
West Ham United Community Astro Turf (Beckton), E8
11-15s: 6-8pm
Forest Gate Youth Centre, E7
Tues, U14s, 4-5.30pm
15+, 5.30-7pm
West Ham United Community Astro Turf (Beckton), E8
11-15s: 6-8pm
Priory Park MUGA, E8
Wed, 11-10s, 5-6pm
Priory Park MUGA, E8
Thurs, 11-15s, 4-7pm
Priory Park MUGA, E8

Fri, U14s, 4-5.30pm
Girls 17+, 5.30-7pm
West Ham United Community Astro Turf (Beckton), E8
11-15s: 5-6pm
Forest Gate Youth Centre, E7

London Youth Games

Mon, 4.30-6pm, U14, Newham Leisure Centre, Prince Regent Lane, E13

Football & Multi Sports

Mon 5.30-7pm, 8-10s
Wed, 5-7pm, 8-10s
Stratford Park MUGA, West Ham Lane, E15

5-a-side Football Competition

Wed, 5-6.30pm, 6-10s: Fords Park, Fords Park Road, E15
Thurs, 5.30-7pm, 8-10s: Royal Victoria Gardens, Her Road, E8
1st Sat of the month: 10am-1pm, U12s/U14s/U16s, Pashley Park, Pashley Grove, E8

Football & Multi-Sports

Sat, 2-3.30pm, 8-10s, Winsor Park Estate, Winsor School MUGA, East Ham Manor Way, E8

Air Football (16+)

Tues, 7-9pm and Fri, 10am-12noon, 15+, Memorial Park, Memorial Avenue, E15
Fri, 3-5pm, Beckton Powerleague, E8
Visit www.airfootball.co.uk

Ascension Football Academy

All sessions: E3
School years: Reception to 11
10-11.30am
King George V Park, King George Avenue, E16
Call 07308 584 925

BOXING AND SELF DEFENCE

Boxing
Wed, 7pm
West Ham ABC - community boxing, 11-15s
Olympic style amateur boxing sessions: Halfway Community Centre, Halfway Crescent, E12
Call 020 8420 2000

Mon, Wed, Fri 5-6pm
West Ham Boys ABC 9+ boys and girls
The Black Lion, 58-61 High Street, E13
Call 020 8472 9674
Mon, Wed 6-8pm
Peacock ABC 6+, boys and girls
Caxton Street North, E16
Call 020 7511 3799
Mon, Wed, Fri, 6-7.45pm
Newham Boys ABC 6+, boys only
Old Bath House, 141 Church Street, E15
Call 020 8519 6983
Fight For Peace 11+ boys and girls
Woodman Street, North Woolwich, E16
Call 020 7474 0054

Punch Out (16+)

Thurs, 8-9pm, Boxing fitness workout
Beckton Community Centre, East Ham Manor Way, E8
Fri, 5-6pm, Katherine Road Community Centre, 254 Katherine Road, E7
Email gelato@newham.gov.uk

Shogun Karate

Wed, 6pm (term time only)
4.30-5.30pm: Fri, 6-7pm and 7-8pm: Sun, 10-11am
Sessions for beginners. Under 15s: £4, 16+: £5, cones: £5
Newham Shogun Karate Club
Newham Leisure Centre, Prince Regent Lane, E13
Call 07308 070 638

Docklands Karate Club

Mon, 5.20-8.20pm: Under 15s: £4, 16+: £5, cones: £5
UEL Sports Dock, Docklands Campus, E16
Call 07768 685 869

Tang Soo Do

Sat, 1-2.30pm and Tues 7.30-8.30pm (arrive at least 15 minutes before start)
The Hub, 129 Star Lane, E16
Korean Martial Arts for 5+ to adults: £5 per session - family discount available
Tue, 7.30-8.30pm: Grassroots, Memorial Park, Memorial Avenue, E15
Call 07725 946 426 or email ace_robin@hotmail.com

Hop, Skip and Pounce (16+)

Mon, 5.30-6.30pm, Katherine Road Community Centre, 254 Katherine Road, E7
Call 020 8548 9825

Essex Police Beatcamp Class (16+)

Mon, 4-5pm and Wed, 6-7pm
90 City Ratbuster Programme
Indoor classes
Tues and Fri, 6-6.45pm
Britannia Village Hall, 65 Evelyn Road, E15

Outdoor classes

Mon and Thurs, 7.15-8am, East Ham Central Park, High Street South, E8
Children 7+ welcome with parents. Email info@setsphysique.co.uk or call 07904 625 402

HEALTH AND FITNESS



Give blood on World Blood Week

Tues 11 June, 1-3pm at The Old Town Hall, E15

BMX

Sun, 10am-12noon: 6-16s, BMX members: £10 annual membership
Dorothy Playing Fields, St Albans Avenue, E8
Call 07961 333 6157
020 3373 9000 or email paol.belling@newham.org.uk

Rounders (16+)

Wed, 6.30-8pm
Newham Leisure Centre, E13
Call 020 3373 9000 or email paol.belling@newham.org.uk

Cricket (6-16 yrs)

Wed, 5-7pm
West Ham Park, E7
Email paol.belling@newham.org.uk



Best End Road Runners

Tues and Thurs, 7pm
Sats, 8am, meet on the track
coached sessions for
all abilities
Newham Leisure Centre,
Prince Regent Lane, E13
Call 07959 261 647

Run England sessions

All sessions are £2 indicated
otherwise
Sats, 10am-12noon, Newham
Leisure Centre, E13 (meet on
the track)

Mon, 4-5.30pm, Newham Leisure
Centre, E13 (meet on the track)
Wed, 4.45-6pm, Newham
Docklands, E16 (meet at reception)
Tues, 5-7pm, Newham Leisure
Centre, E13 (meet on the track)
Wed, 12noon-1pm, Newham
Docklands, E16 (meet at reception)
Thurs, free, 5.15-6.15pm, UEL
Docklands Campus, E15
(meet at reception)
Sat, 10-11.30am, East Ham
Control Park, E5 (meet at the car)
10-11.30am, Wandle Park, E16
(meet at Harrow Road
Changing Pavilion)
10-11.30am, Memorial Park,
E15, E4 (meet at car park)
Call 07718 394 874

Newham Swords (4+)

Tues, 6.20-8pm
Thurs, 6.20-8.20pm
Fri, 7.40-10.20pm
UEL Sports Dock, Docklands
Centre, E16
Call 07959 618 898

Newham Striders

Free accessible walking group,
seven days a week
Call 0844 414 2728

Men's Health Football

Fitness Sessions
Sat, 10-11am, West Ham United
Community Training Facility
60a Altabeas Close, E6
Call 020 7473 7724

Family Fit Club

Sat, 11am-12noon, West Ham
United Community Training
Facility, 60a Altabeas Close,
E6, Call 020 7473 7724

Zumba classes

Thurs, 7.30-8.30pm, St Nicholas

Church Hall, Gladding Road, E12,
£5 per class, Call 07790 805 926

Saturdays

Sat, 12noon-3pm, for fathers,
grandfathers, uncles and children
aged 0-16
Chandos East Hub
90 Chandos Road, E15
Call 020 8221 2137

Newham Young Brits A.S.C

Sat, 6.15-7pm
Learn to swim and improve
your strokes
Children's session, (E2) 5-16
Newham Leisure Centre,
Prince Regent Lane, E13
Call 07959 304 518

Yoga Classes

Tues, 6.10-7.10pm and
Fri, 10.30-11.30am
£5.50 for all-new workers or
£3.50 £4 for students and those
in receipt of benefits.
The Hub, 123 Star Lane, E16
Wed, 5.30-7.30pm
The Unitarian Church,
West Ham Lane, E15
Call 07958 808 007 or visit
www.yocoma.co.uk

Woodside

Badminton Club
Fri, 8-9.30pm, intermediate and
club standards players welcome,
£5 w/eed £2 unwaged,
Carpenters Docklands Centre,
98 Gables Road, E15
Call 07958 761 676 / 07958 180 240

Table Tennis

Thurs, 6.30-7pm
For beginners and intermediate
adult players
Stratford School, Upton Lane,
E15 (Dons Road entrance)

For more info call
07976 577 718 or
07928 866 037 or email
grry.harris104@btinternet.com

Qi Gong

Thurs, 8pm, suitable for adults
of all abilities, £5 per session on
the Docklands Community Boat
moored near BarCal, Meet at
the gates to Millennium Mill
Mill Road, E16

Call 07930 610 275 or email
jul@brighsevenlittleheaven.com

Bowls club

Forever 16s, U16s welcome
with an adult
Sun, Fri, 12.30-3pm, West Ham
Lawn Bowling Club, Stratford
Park, West Ham Lane, E15, call
020 7933 4316
Wed, 2-5pm, Plaster Park
Bowling Club, Plaster Park,
Plaster Grove, E6,
call 020 8471 3821
Wed, 3-6pm, Central Park
Bowling Club, Central Park,
High Street South, E6, call 020
8519 2120
Thurs, 2.30-5.30pm, Phoenix
Bowling Club, Royal Victoria
Gardens, Albert Road, E16
call 020 7511 6812

Beginners' Badminton

Mon, 10am-12noon, St Paul's
Church Centre, Burgess Road,
E6, £2.50 per session, Call
07761 269 453

Twisted Pink

Fri, 6-7pm
Street Dance sessions - open to
7-21s, E3
Fri, 7.15-8.15pm, Zumba classes
from 30 Nov £5 including
children, St Luke's Church, 89
Telling Road, E16
Call 07534 513 207, visit
www.twistedpink.org.uk or email
twistedpink26@aol.com

Zumba with Anabel (17+)

Mon, 7-8pm, £5 a session
Mornings Lane Community
Centre, Gower Close, E15
Wed, 7.30-8.30pm, Beckton
Community Centre, East Ham
Minor Way, E6, Call 07500 558 685

Badminton at

Little Herd School

Thurs, 7-8pm, For all standards
£4 for a court and bring a
racquet,
Browning Road, E12, Email
morgan_phillips@hotmail.com
or call 07944 117 263

Gemini Square Dance Club

Mon, 6.10-8pm, Chandos
Community Centre, Colwyn
Road, E15, Ideal for 50+
£4 per session including tea
and biscuits, Call 020 8599 1602
or email bobo22@hotmail.com

FEMALE SPORTS

Fitness Classes (12+)

Tues, 8-9pm
Zumba, E6 and 9-9.30pm
Body Conditioning, E3, The
Hub, 123 Star Lane, E16, Email
bodywoodfusion@gmail.com or
call 07930 466 833

Dance2Dance

Street dance classes for girls,
12-16s, Fri, 3.30-5.30pm
Newham Leisure Centre,
Prince Regent Lane, E13, Call 020
3373 9000

Girls Spinning Sessions

Mon and Weds, 4-4.30pm
11-16, Newham Leisure
Centre, Prince Regent Lane,
E13, Call 020 7511 4477

Female Only Gym Sessions

Tues and Thurs, 3.30-5pm,
11-16s, Weds, 7.30-9pm,
16-25s, Newham Leisure Centre,
Prince Regent Lane, E13
Call 020 3373 9000

Female Boxfit Classes (16+)

Mons, 4.15-5.15pm, Baitam
Leisure Centre, Baitam Street
E13, Call 07500 789 526

Girls Football

Tues, 3.30-5.30pm, 11-16s,
Newham Leisure Centre,
Prince Regent Lane, E13

Women United AFC (11+)

Mon (team time only) 5-7.15pm
Kingfold School, E6, £1 per
session, Call 07799 932 979

Get Back into Netball

Tues, 6-7.30pm, juniors, 7.30-
9pm, seniors, QPA Netball
Club sessions, £2 per session
Lester Community School,
St Mary's Road, E13
Call 07717 281 529

Body Blast (16+)

Mon, 7-8pm, Weds, 7.30-
1.30pm and Thurs, 8-9pm
£5 per session, Niles' Central
Unit 28a, 3 Armitage Way,
Gallons Reach Shopping
Park, E6, Call 07966 612 610

Abx Blast

Thurs, 5.30-6.15pm, 11-16s,
Sessions cost £3, Newham

Leisure Centre, Prince Regent Lane, E13

Just Play (16+)

Wed 6.30-8pm
multi sport session
Newham South East College
Prince Regent Lane E13 Call
020 3373 9000

Female Multi-Sports

Fri 4.15-5.15pm Cards, Tennis,
Hendel, Rounders, Football and
more Little Bird Youth Zone
Rectory Road, E12 Call
020 8066 5673 or email
flamish.k@nhs.uk

Shelle's Tummy Mummy Buggy (16+)

£5 per session
Mon 10-11.30am
East Ham Central Park E8
(meet outside cafe in the park)
Fri 10-11.30am, Freshet Park
Freshet Grove, E8
Call 07908 614 958 or email
spolad@nhs.uk

Jamie's Fitness (16+)

Tues, 9.30-10.30am
Sore and Zumba fitness
sessions £5 per session
St George and St Elizabeth
Church Hall, Burford Road, E8
Email info@kanite.co.uk or
call 07818 000 649

Sonia's Circuits (16+)

£4 per session
Tues and Fri 10.11am, Reilly
Christian Centre, 94 Upton
Lane, E7 Call 07763230105

Belly Dancing

£5 per class or £30 for six
weeks Thurs 6.45-7.45pm,
Maryland Dance Studio, 64-66
Laytonstone Road, E15
Call 07950 554 401

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Multi-Sports

Wed and Fri evenings 6-8pm
Flying Wheels club for young
wheelchair users 6-23 Rokeby
School, Barking Road, E16
Call 07888 085 259

Fri 4.30-6.30pm U19s,
Newham Leisure Centre E13
Tues, 10.30am-12noon, disabled
multi-sports Newham Leisure
Centre, E13 Call 020 7511 4477
Fri 4.30-6pm, NewLife Prince
Regent Lane, E13
Call 07811 671 062

Wheelchair Basketball

Wed 4.5pm 11.12
Rokeby School, Barking Road,
E16 Call 07947 401 616

Family Swims for Disabled Children and Adults

Sat 4.30-5.30pm Newham
Ottens Swimming Club, Newham
Leisure Centre, E13 For more
details call 0203 788 730
Sun, 12.30-2pm, Family Swim,
Beliam Leisure Centre E13,
£5 Call 020 7476 5274

Trampoline Sessions

Fri 5-7pm and Sat 12noon-2pm
U18s, Newham Leisure
Centre, E13 Call 020 7511 4477

Mixed Swimming Sessions for Adults and Children

Wed, 10am-12noon, East Ham
Leisure Centre, E8 £1 15 per
session Call 020 8548 5850

Swim for Families dealing with Autism

Wed 4.5pm Beliam Leisure
Centre E13 Call 020 7476 5274

Get fit for free

Tues 1.30-3.30pm and Fri
10am-12noon Free use of the
gym at Newham Leisure Centre
for one year for people with
learning disabilities To book an
induction call 020 7511 4477

B1 Football Club

Third Sun of every month
10am-12noon East Ham
Leisure Centre E8

Soft play and exercise to music

Sat 2-3pm, Newham Leisure
Centre, E13 Call 020 7511 4477

Disabled Athletics

Tues, 4.15-6.15pm 11-11a
Brampton Manor Roman
Road, E8

Thurs 4.30-5.55pm
St Angel's Ursuline School,
1 Saint George's Road, E7
Email croumell@
englandathletics.org

Sensory Play

For children under five with
special needs speech and
language delay or physical
disabilities During term time
only Fri 10-11.30am, Oliver
Thomas Children's Centre,
Madness Avenue E8
Email kathy.holdsworth@
oliverthomas.newham.nhs.uk
or call 020 8821 0367

COMMITTEE MEETINGS

All meetings take place at
Newham Town Hall, Barking
Road, E8, unless specified

Tues 28 May

7pm, Overview and Scrutiny
Committee Committee
Room 1

Wed 29 May

7pm, Inner North East London
Joint Health Overview and
Scrutiny Committee, Stratford
Town Hall, Broadway, E15

Tues 4 June

10am, Licensing (0003
Act) Sub-committee, Large
Committee Room Old Town
Hall Broadway E15

3pm, Newham Partnership –
Employment and Enterprise
Partnership Action Board, The
Place, 2 Silverdown Way E16

7pm, Health and Social
Care Scrutiny Commission
Committee Room 1

7pm, Regeneration and
Employment Scrutiny
Commission, Committee
Room 2

Thurs 6 June

10am, Mayor's Proceedings,
Conference Room, Old Town
Hall Broadway E15

Visit www.newham.gov.uk/committee for updates

CONTACT THE MAYOR

Walk-in surgeries

Sat 25 May
8.45am Newham Town Hall,
Barking Road E8

Thurs 6 June

10.30am, Stratford Local
Service Centre, 112-118 The
Grove, Stratford E15 9NS

LIBRARY CONTACTS

Beckton Globe

1 Kingebard Way, E8

Canary Wharf

Barking Road, E16

Custom House

Prince Regent Lane, E16

East Ham

High Street South, E8

Green Street

337-341 Green Street

The Gate 4 30 Woodgrange

Road, Forest Gate, E7

Manor Park

685-691 Romford Road, E12

North Woolwich

5 Pier Parade, E16

Plaistow North Street

North Street, E13

Stratford 3 The Grove, E15

Archives and Local Studies

(limited postal and email service
only) call 020 3373 8881
email archives@cityofnewham.gov.uk
newham.gov.uk

Community Outreach

Services To find out more call
020 3373 0613

Hundreds of services

– one website. Visit
www.newham.gov.uk

Follow us on Twitter
@NewhamLondon

Find us on Facebook
www.facebook.com/NewhamCouncil

Apply for services and make
payments quickly and easily
online using My Newham.
To register or log in visit
my.newham.gov.uk



is this
my room?

Fostering what would you say?

For a career that's financially and
emotionally rewarding call us free on

0800 013 0393
newhamfostering.co.uk

the Mayor's Newham Show

FREE

Saturday 13 &
Sunday 14 July 2013

Central Park, East Ham E6

Come and enjoy two days of fantastic free family fun including:

- Special appearances by the ZingZillas and popular children's TV presenters Sid Sloane and Andy Day
- Jamie's Ministry of Food Stratford cooking demonstrations and competitions
- Beach with donkey rides and helter skelter
- Live music and cabaret performances
- Time to Shine Final
- Village Fete
- activeNewham fitness activities
- The spectacular Newham Carnival
- Children's and under fives entertainment



No public parking, please use public transport. **Take** 3rd Ham
Leisure **Phone** 55 124 131 132 474 to Central Park 5 142 338
to Booking Point. **Disabled** Parking, toilets and access. This event
takes place on grass. You may be awarded as a donation of entry
no grass boots or dogs.

www.newham.com/summer

Mayor of
Newham